

Scott Spouses Newsletter

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Domestic Abuse Victim Advocacy (DAVA) Program

Domestic violence or spouse abuse is the use of abusive or violent behavior among people who are married, living together or in an intimate relationship. Too many people continue to believe domestic violence is a private matter between a couple and that fights and arguments should be settled inside the home.

As a result of the findings and recommendations of the DoD Task Force on Domestic Violence, the Domestic Abuse Victim Advocacy Program was developed. The program's aim is to ensure the safety, support, and intervention of one on one service to victims immediately following an incident. The purpose is to ensure that each victim feels comfortable and safe enough to discuss an incident. They can learn about available support services and accept assistance when they are ready. The victim advocate can help victims through each process they may encounter whether it is attending court proceedings, going to medical visits, or safety planning to name a few.

A variety of services are available and coordinated by the advocate based on the needs and concerns of individual victims. Full comprehensive services



are available for military service members, current or former spouses of military service members, DoD employees who are eligible to receive military medical treatment, a person with whom the military service member shares a child, and a current or former intimate partner with whom the military member shares a common domicile. Safety planning services and civilian support referrals can be provided to all other victims not listed in the above group.

We cannot ignore domestic violence whether it is happening to us or our neighbor. Community awareness must be raised to the level where preventative measures can effectively put an end to domestic abuse. It is important for victims and potential victims to be aware of the warning signs.

The following are warning signs of an abusive relationship:

- Does your partner use intimidating looks or actions? Does he/she destroy your property or display weapons?
- Does he/she continually put you down or humiliate you?
- Does he/she control who you see, what you do, or where you go? Are you limited in your outside relation-

ships; are you being isolated from family and friends?

- Does your partner make light of the abuse, deny it or shift the blame or the responsibility to you?
- Has your partner ever threatened to take your children away? Does he/she make you feel guilty about spending time with them?
- Has your partner prevented you from getting or keeping a job, taken your money or military ID card, or refused access to the family income?
- Are you treated like a servant with no voice in marriage or family decision-making processes?
- Has your partner threatened to commit suicide or to kill you if you leave?
- Have you ever been forced to drop an assault charge against your partner? Have you ever been forced to participate in an illegal activity?

If any of these sound familiar remember that help is available.

Please call the Victim Advocate at 256-7203/2705 or email carmen.schott@scott.af.mil for information and support.

*Carmen Schott, MSW
Domestic Abuse Victim Advocate
Family Advocacy Program*

Courage: by Mary Anne Radmacher-Hershey

Courage doesn't always roar.

Sometimes courage is the quiet voice at the end of the day saying,

"I will try again tomorrow."



Tips to Help Strengthen Relationships During Times of Deployment

- Acknowledge that a change is about to take place. Acknowledging the change is not the same as dwelling on it.
- Work together to prepare. Decide how you will keep in touch and make a list of what needs to be done. Be sure to include responsibilities that will need to be shifted.
- Talk about “business” decisions, such as having to renew a lease, that will occur during the separation. Discussing large decisions can simplify the process and lighten the load.
- Give yourself a break. Allow some down time, even if you have to schedule it. Check into programs the Family Support Center offers like Give Parents a Break (free child care).
- Do what you can to ease tensions.

Be selective when reading the paper and listening to the news. Skip articles or programs that rehash disturbing news events.

- Take care of yourself. Eat a variety of foods, drink plenty of water, and get adequate rest and exercise.
- Reach out! Others on your base or in your community may be coping with similar circumstances. Visit the **Family Support Center** to learn more about Family Readiness. They can also help you find a support group or help you get involved with the Key Spouse groups. Participate in on-base functions like Family Day. Doing this will keep you connected to the base and establish a support system for you.
- If you don’t live near an installation, please call **Air Force One Source** to

get connected within your community. Visit Air Force One Source at <http://www.airforceonesource.com> (User ID: airforce, Password: ready) to read or download informative articles and booklets. They are available 24 hours a day 7 days a week. Titles include:

- » *When a Family Member is Deployed*
- » *Learning About Family Connections*
- » *Children and a Deploying Parent* (brought to you by Robins AFB)
- » *Coping with the Deployment of a Spouse*

To reach Air Force One Source by phone any time of day:

From the United States: 1-800-707-5784
En español, llame al 1-800-375-5971
TTY/TTD: 1-800-346-9188

Family Services Loan Closet is Here to Help

The Family Services Loan Closet has many items available to loan out free of charge—whether you are a newcomer, here TDY, or leaving the base—to make your transition to or from Scott AFB a bit easier. It also loans items to permanent party members for family vis-

its. Items include: baby items and car seats, futons, TV/DVD combos, dishes, pots and pans, microwave ovens, vacuum cleaners, and many more.

The loan closet is located next to the Airmen’s Attic in

building 4141 (near the mobile home park and behind the Thrift Shop). It is open Monday through Friday from 10:00 am-2:00 pm. Please call family services at 256-3616 for more information.



Air Force Spouse Pin Program Launched

If you are one of America’s 400,000 spouses of Airmen and Air Force civilians, your spouse and the United States Air Force want to thank you for your support!

In conjunction with National Military Family Month last month, the Air Force launched the Spouse Pin in a ceremony at the Pentagon on November 8. A new recognition initiative for spouses of Total Force Airmen, the pin is designed to communicate the importance of their service to the ongoing war on terrorism, express the Air Force’s gratitude for their continued support of our Airmen, and convey a sense of partnership between them and the Air Force.

Any active duty, Guard, Reserve or civilian Air Force employee is eligible

to participate in the program. In addition to the pin, spouses receive a letter signed by the Secretary of the Air Force (SECAF) and Air Force Chief of Staff thanking them for their support.

The Spouse Pin initiative is the third phase of the SECAF’s Your Guardians of Freedom program. YGOF’s first two phases recognize parents and employers with ‘P’ and ‘E’ pins respectively.

The Air Force Spouse Pin—a blue star cradled in the Air Force symbol—is a contemporary adaptation of a wartime tradition. Beginning with World War I, families hung service flags in their windows to display a blue star for each family member serving in the Armed Forces. Today, the pin is given to the wives and husbands of America’s Airmen and civilians in appreciation of the

sacrifices they make for their spouses’ service.

In an increasingly volatile world, the USAF depends on our families and their support as never before. It’s only appropriate that we reach out to the spouses who stand shoulder to shoulder with us in the global war on terrorism.

To request a pin and learn more about the program, visit the Your Guardians of Freedom website at <http://www.yourguardiansoffreedom.com/SpousePinAbout.aspx>. It normally takes 4-6 weeks for the pin to arrive.



From the 5 November 2004 edition of U.S. Air Force AIM POINTS and Your Guardians of Freedom website.

When is Enough, Enough?

It's always challenging to determine when everything you have done to try to help your child is, in fact, everything that can be done. When a parent seeks guidance in this regard, oftentimes it's at a time of complete frustration. They have done what they feel is everything in their power to convince their child's teacher, and principal, and perhaps even the school superintendent that their child needs more services, or a different classroom teacher, or some change in their educational setting, yet none of those individuals is willing to make a change. Rather than continuing in their advocacy for their child, they hastily choose to withdraw their child from that educational situation and place them in another. While this may be a viable solution in extreme cases, it is oftentimes best to continue to try to resolve the situation in the child's current educational setting. Easier said than done? ...perhaps. Still it is important to know the steps. Following the chain of command in a school setting is equally as important as it is in a military setting.

If you are facing an issue with your child's schooling, the first person you should try to resolve that issue with is the child's classroom teacher. Oftentimes the teacher simply isn't aware of particular circumstances or the unique needs of your child. The average class size is 25 students. Just as the military member serves in the profession of arms, the teacher serves in the profession of concurrently nurturing 25 young minds. Neither serves for the money. Each serves. A congenial, non-threatening visit to your child's teacher may be all that is required to resolve the issue at hand. I remember one of my college professors in my elementary methods

and materials class recommending that parents bring a photograph of their child with them to their meetings with teachers. He recommended the parents place the picture in full view of the teacher while stating, "I just wanted us to remember who our conversation today is focused on helping today."

If you are for some reason dissatisfied with the service you receive from your child's classroom teacher, you should next seek audience with the school principal. Once again, it is important that you remain professional and congenial. Perhaps you feel that your child and his/her teacher are not compatible. You should cite facts, and not just feelings, that led you to this conclusion. You should also be mindful of the fact that the principal is likely a former classroom teacher who understands these dynamics and is most in a position to help you. However, before he/she makes a classroom assignment change, he/she also has to consider teacher class load, maximum class sizes, the esteem

of the teacher from whose class your child is to be moved, and other such factors. These factors may not be as important to you as they are to the administrator, but, all the same, you need to know that there are many things to be considered before a switch is made. What may seem like a simple matter to you, is not a simple matter to the administrator.

If the situation is still not resolved, you may bring the matter to the school superintendent. In most cases, the school superintendent will have communicated with the school principal soon after you made your appointment with him/her. Therefore, he/she will know the nature of your concern and what actions the principal and classroom teacher have taken to resolve the issue. The school superintendent, as keeper of

all of the resources for the district, is in a powerful position to help bring resolution to your concerns. However, know that they will not overrule the judgment of their principals lightly.

You still have other avenues to pursue if you feel your needs have not been met by the superintendent. Your next action would be to meet with the local school board. Some school districts have a policy that you must write the superintendent a week in advance of the school board meeting in order to be properly placed on the school board agenda. You need to be aware of your local school district's policies and comply with their requirements. If you meet the board, be sure to present the facts concerning your child in a professional, polished, and non-emotional manner. Presenting information non-emotionally about one's child is often the biggest challenge faced by parents. It is important for you to prepare and practice what you have to say to the board. This will help your chances of presenting the information in a non-emotional manner.

If the school board does not resolve your situation to your satisfaction, you may next pursue action with the Superintendent of the Regional Office of Education and then the State Board of Education. While resolving issues at this level is rarely necessary, these options are available to you if you need to use them.

Whatever your course of action, remember, YOU are the best advocate for your child. Be an active listener and be cooperative. Most educators seek that profession because they are genuinely interested in helping children. Keep that in mind – maybe even taking that picture my old professor recommended with you to your meetings.

The area schools committee, the Community Youth Transition and Education Council, meets on the first Tuesday of each month in the 375th Airlift Wing Conference Room at 1:00 pm. Please join us as we try to make a difference in the lives of our children.

Dr. Cindy Doil
Scott AFB School Liaison Officer



All Military Kids Want is...

DALLAS – What's this year's must have toy? Children of active duty military members as well as military retirees, reservists, National Guard members, Department of Defense civilians stationed overseas, Exchange associates and their family members can now let everyone know the answer to this question by logging on to the Exchange Online Gift Registry.

The electronic Gift Registry is the high-tech answer to the traditional letter to Santa. Children of all ages can log on the user-friendly registry at aafes.com, usmc-mcss.org, navy-nex.com or cg-exchange.com to compile a wish list that is easily accessible to mom, dad or Santa. Regardless of where they may be stationed, military parents can see what their children want and with just a couple of clicks of the mouse purchase and mail gifts home.



According to AAFES' Commander Maj. Gen. Kathryn Frost, the Exchange Online Gift Registry makes gift giving especially easy for deployed troops and their families. "Letters to Santa are no longer confined to geographic boundaries," said Maj. Gen. Frost. "The Exchange's Gift Registry allows children around the world to compile a wish list that Santa can access from Ft. Bragg to Baghdad."

The Gift Registry allows Exchange customers to register multiple special occasions including Thanksgiving, Christmas, Hanukkah, Kwanzaa and anniversaries. After choosing an occasion, customers can quickly choose gifts by simply pointing and clicking the mouse. The Registry also provides a simple search feature that allows other authorized Exchange customers the ability to look up a registry list by name or occasion. The Gift Registry automatically removes gifts from a list as they are purchased to ensure that the list offers up-to-the-minute gift availability data.

From AAFES Corporate Communication News Release 04-086 dated 3 November 2004.

Helpful Websites



Iraq Newslink

<http://www.afnews.af.mil/iraq/index.htm>

Iraq Newslink is a web site for Airmen deployed to Iraq and their families and friends back home to help them keep up with Air Force news and information throughout the country.

The 332nd Air Expeditionary Wing compiles daily news and information of four Air Force bases in Iraq that comprise the 332nd AEW—Balad Air Base, Kirkuk Air Base, Baghdad International Airport, and Tallil Air Base.

The National Anthem Project: Restoring America's Voice

<http://www.thenationalanthemproject.org>

The National Anthem Project is a campaign to get America singing "The Star Spangled Banner" while spotlighting the important role music education plays in giving Americans our patriotic voice. Did you know a recent Harris poll shows that two out of three American adults don't know all of the words to "The Star Spangled Banner"—and many more don't know which song is our anthem or why it was written?

The Star-Spangled Banner
1814

Francis Scott Key and John Stafford Smith

*O say, can you see, by the dawn's early light,
What so proudly we hailed at the twilight's last gleaming?
Whose broad stripes and bright stars, through the perilous fight,
O'er the ramparts we watched, were so gallantly streaming!
And the rockets' red glare, the bombs bursting in air,
Gave proof through the night that our flag was still there:
O say does that Star-Spangled Banner yet wave
O'er the land of the free, and the home of the brave?*

Expeditionary Family Event Calendar for December 2004

Date	Event & Time	Location	Phone
1	Base Tree Lighting Ceremony, 5:00 pm	Chapel 1	256-7322
1	Our Lady of the Snow Dinner & Tour of Lights, 5:00-9:30 pm	Belleville	256-8668
3	Brown Bag Reunion Lunch, 11:30 am-12:30 pm	Family Support Center	256-8668
4	Wing Holiday Party, 6:00 pm	Scott Club	256-4338
4-5	Band of Mid America, 2:00 pm & 7:00 pm Sat, 2:00 pm Sun	Scottish Rite Cathedral, Belleville	229-8133
8	Officers' Spouses' Club Meeting, 10:30 am	Scott Club	746-4033
10	Give Parents a Break, 6:00-10:00 pm	Child Development Center & Youth Ctr	256-8668
11	Hearts Apart Breakfast & Santa Express, 9:00 am (Please call to sign up no later than 10 December)	Nightingale Inn & James McDonnell USO in the Lambert Airport	256-8668
14	Enlisted Spouses' Club Meeting, 7:00 pm	Hospital Dining Hall (basement)	233-4690
16	Key Spouse Meeting, 6:00 pm	Family Support Center	256-8668

Note: Events in bold are specifically Expeditionary Family Events

This newsletter is a product of the Scott AFB Integrated Delivery System (IDS) Team.
Find more helpful information online at <http://public.scott.amc.af.mil/review/integrated/index.cfm>.
